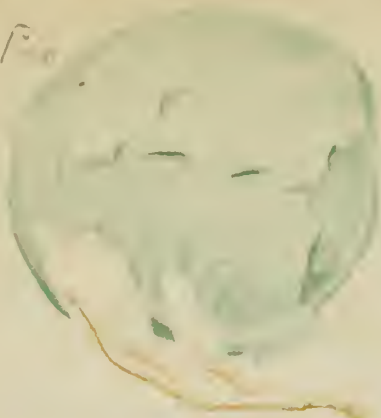


# Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



1  
A2841-0  
p 4



# How to choose and use ***CABBAGE***

U. S. DEPARTMENT OF AGRICULTURE • Extension Service  
and State Land-Grant Colleges, Cooperating

PA-121



*Look for heads that . . .*

1. Are solid.
2. Are heavy for their size.
3. Lack damaged leaves.
4. Are white, green, or red.  
(Avoid yellow leaves.)
5. Have base of leaves firmly attached to stem.

**Cabbage, like other vegetables,  
is most economical  
when in season.**

*One pound provides . . .*

7-8 half-cup servings  
of shredded cabbage.

4-5 half-cup servings  
of cooked cabbage.

Cabbage is one of the vegetables offering vitamin C.  
Young green cabbage is the best choice.

Other vegetables rich in vitamin C are  
BROCCOLI, BRUSSELS SPROUTS, and GREENS.

**. . . One or more servings daily of leafy, green, and yellow vegetables are recommended . . .**

**STORE** . . . covered in the refrigerator.

**USE RAW** . . for most food value.

. . for salads, cut or shred,  
just before serving.

**COOK** . . . quickly in a small amount of  
boiling, salted water.

. . . shredded cabbage, 3-10  
minutes.

. . . quartered cabbage, 10-15  
minutes.



U.S. DEPARTMENT OF AGRICULTURE  
OCT 19 6 1950  
LIBRARY RECORD  
CURRENT LIBRARY  
★

89161  
July 1950